

A Dissertation  
On "Mania"  
Submitted to the Examination of the  
Rev.  
The Trustees & Medical Faculty of the University  
of Pennsylvania -  
For the Degree of Doctor of Medicine;  
On the A.D. One Thousand eight  
hundred & Eleven -

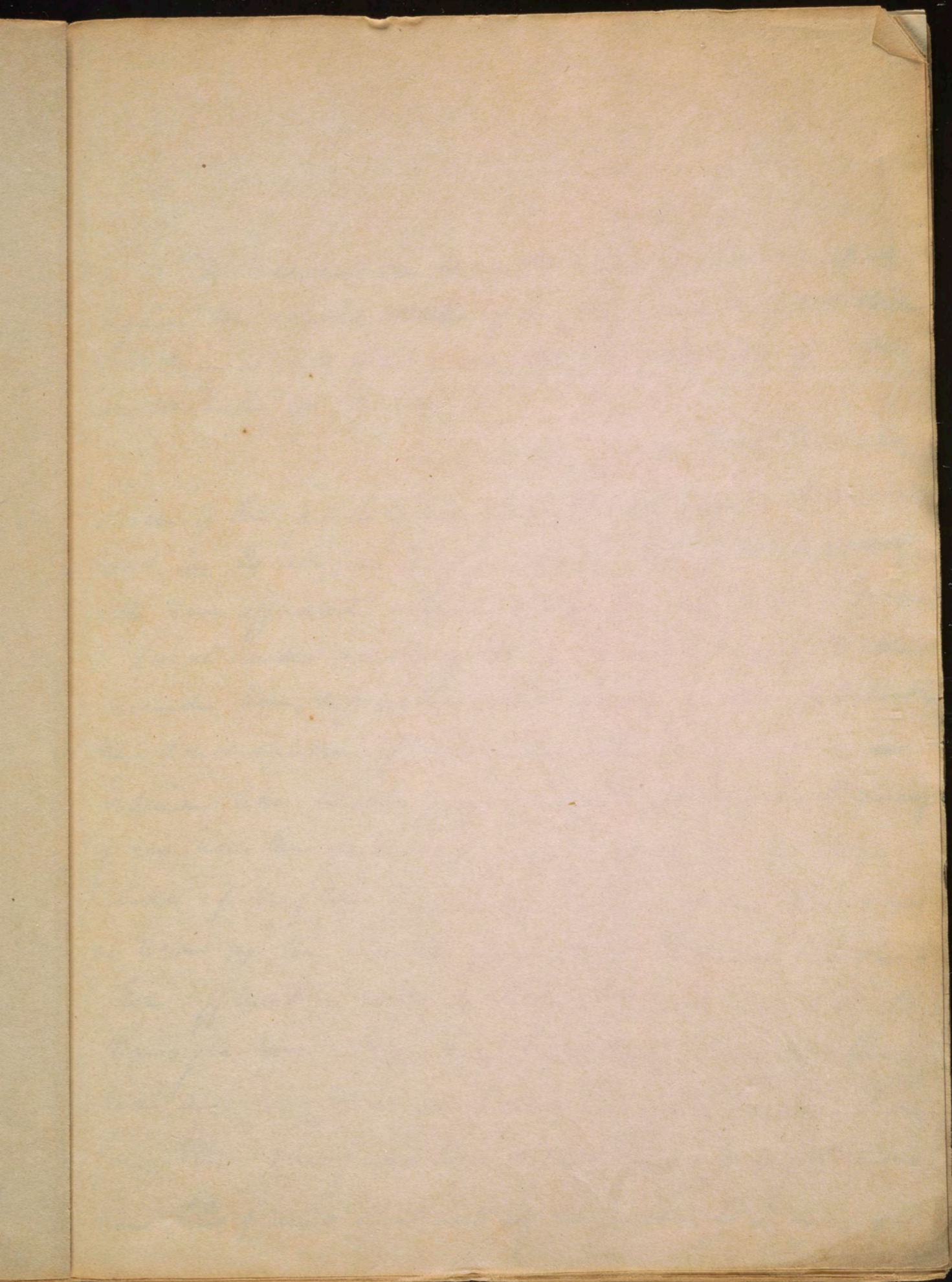
By Joseph T. Lee, Charleston S. Carolina  
Honorary Member of the "Philadelphia Medical  
Society." —

"Canst thou not minister to a mind diseased?"  
Shakespeare



W. A. G. C.







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What Disease can be greater? What Disease can more  
Require the serious attention of the Physician, than that which  
robs Man at once of his prerogative, the noblest gift of nature,  
the attribute of Reason?

Man labouring under other Diseases,  
which if the power of his nature <sup>is</sup> inadequate to overcome,  
finds in Death, a relief for all his Misery; not so however,  
with him afflicted with Mania; he is obliged to groan  
& sweat under a weary life "a burden to himself & all  
around him, deprived of that, which makes life valuable,  
the conversation of friends, the exercise of Reason —  
Mania, like Death, pays homage to neither the Delicacy  
of Sex, nor the gorgeous palaces of the Rich; but seizes  
alike upon the imperial wearer of the Diadem,  
as well as the humble peasant of Plebeian Rank —  
The Affluent as well as Indigent, fall victims to its  
Ravages — There can certainly be no Spectacle  
more affecting than a fellow being in this situation,  
for altho' his pulse be not fast ebbing to Dissolution,  
nor his frame shattered by confirmed Disease, yet



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Being deprived of Intellect is (say) a sight infinitely  
more affecting than were he afflicted with all the  
infirmities of body - For, who can behold the noblest  
the most beautiful work of the Creator roam about  
careless of himself, the world, & its inhabitants, alike  
insensible to the ardent Rays of Summer, & frigid blasts  
of Winter, with nought (save form) to elevate him  
above the brute Creation, without deploring the de-  
gradation of our nature? The most hardened  
Stoic could not I am confident without dropping  
a tear for humanity —

It has been urged, (but I think too rashly)  
that the victims of this dreadful malady are in-  
capable of relief; that the Disease when once taken  
root is difficult, nay impossible to be eradicated —  
were this the fact (but I trust it is not) we then should  
only have to mourn at their fate, & deplore the im-  
perfection of our knowledge: For to say at once that  
the Disease is incurable, & to consign a fellow being  
to a hideous dungeon immediately as he is affected,  
telling him, or friends, that there is not the least Ray



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of hope that he will ever again be himself (without making endeavours to effect it) is inhuman, & therefore unbecoming the Character of the Physician -

Can the Medical Philanthropist behold the poor mania thus neglected, without enquiring the Cause of the neglect? The Reason is this: That under other Diseases the afflicted vents his grief in groans & tears but it being the property of the madman to make no complaint, is therefore passed, unnoticed & unregarded - It is the duty of the healing art & should be the Opinion of every one engaged in its practice that no Disease is incurable, & that even Mania which truly has some times baffled the Skill of the Physician, may be cured - I shall therefore in this Essay point out that mode of treatment which has been found most proper, & which, if not sufficient to completely "erase out the written trouble of the brain" may at any Rate be productive of temporary benefit.



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From the first promulgation of Medical Science to the present time the Disease of Mania has been considered as one of the greatest calamities to which our afflicted nature is subject; is it then to be wondered that it should still continue to excite the attention of the Medical Philosopher? Dr. Cullen & other writers placed the proximate cause of this Disease in the nervous system; but it appears that the Disease is not seated in the nerves from the fact that Hysteria, Epilepsy & diseases evidently nervous not being attended with mental derangement; And that it is a Disease of the arterial system the learned & ingenious Professor of the Institutes has plainly shewn, from the cause, symptoms & cure of Mania being the same as those of other Diseases, which all admit to be seated in the bloodvessels.

Is there in Pleurisy a pain in the part affected? This is also frequently the case in Mania. Is there in Pleurisy a full, quick or tense pulse? The same may be felt in Mania. Is there in Pleurisy frequently a discoloured state of the blood? The same occurs frequently in Mania. — Further, that it is a Disease of the bloodvessels, may be inferred from the remedies which cure the one curing also the other —



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In no Country of the world has Insanity of the  
melancholy type been more prevalent than in England  
& hence it has almost universally obtained the name  
of the "English Disease" & Dr. Cheyne has written a  
Book expressly on the "English Malady". Why the  
natives of that Country should be particularly liable to this  
Disease, may perhaps be a very difficult question to determine.

Is it the effect of Climate? Is it because their Royal  
Master was deprived of Reason — that they through  
Reverential Sympathy are so likewise? Or may not  
their oppressive government by relaxing the minds of its  
Subjects tend to produce this melancholy fatuity?

Whether this, or either of these queries be founded in truth  
the latter of which seems somewhat probable can be  
of but little practical utility to the Physician —

The Symptoms which characterize this formidable  
Disease are Delirium; severe pain in the head; loud  
Roaring; violent exertion of strength; absurd incoherent  
Discourse; unaccountable malice to certain persons, par-  
ticularly to relatives & friends; diminution of the irritability  
of the body with regard to the morbid effects of  
cold, Hunger &c. with a full strong pulse — ✓



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The causes of Mental Derangement are many; the following however may be enumerated as the Principal viz Hereditary predisposition; Abuse of Spirituous liquors; violent & stimulating passions of the mind; abstruse study; unlimited exercise of the faculties; tumors compressing the brain -

The Abuse of Spirituous liquors has been enumerated as a cause of this Disease, & were it the only one, the consequence of this potent poison, I would think it sufficient to deter for ever, the votaries of Bacchus from the Bottle - Drunkenness is nothing less than a temporary fit of insanity; this is inferred from beholding in the Drunkard all the symptoms of the maniac, they differing only in Degree - They are both too, Diseases, transmitted from Father to Son - No one I am sure will hesitate to pronounce the passions as prime agents in the production of this dreadful malady. Love, all invincible Love, rising to desire so potent & universal in its sway upon the frame of man that neither the Edicts of Religion, the Proximity of Death, nor the convulsions trembling of the Earth could prevent, or even abate the ardour, of be.



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benereal gratification - we are told, in the yellow Fever  
of '93 in Philadelphia, this passion was indulged in  
the presence of the "dying & the Dead" - when deola-  
tion was extending her hideous pinions over that City,  
threatening it with an extermination of its inhabitants,  
there were many, who instead of preparing for a state  
of futurity, were, by the unlawful indulgence of this  
passion, ~~and~~ heaping mad sins upon their heads -  
Virgins we are also told were deflowered, when an Earth-  
quake lay Desolate the flourishing City of Lisbon -  
In these cases, I suppose that the potency of the passion  
had paralyzed as it were the Reason, &ay completely  
produced an alienation of the mind of man: For it is  
almost incredible to suppose that there existed no mo-  
-bid action in their brains, when acts of this kind  
were committed under such circumstances, as related.

Joy, with the other stimulating passions in a proper  
Degree pervades the whole body of man producing  
universal vigour, imparting vivacity to the indolent  
& diffusing over the most pale cheek the glow  
of Health - Instances are not rare however, of un-  
-expected good fortune producing a total derangement



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Of Mind: It is an admirable Cordial. But like  
Spirituous ones, & every thing that possesses energy, may  
under Circumstances be productive of injury: For we  
know things productive of good, will, if carried beyond  
certain limits produce injurious consequences; So of Joy,  
tho' salutary in moderate Degree, has when carried  
to excess, produced ~~Mania~~ <sup>Mania</sup> may even Death.

History informs us of many Instances of the fatal  
effects of this passion - Pliny tells us that Cleo the  
Lacedaemonian died in consequence of hearing that  
his Son had gained a Prize in the Olympic games -  
"Cum Victoria filio Olympicis expresset gaudis"  
Valerius Maximus relates, that Sophocles, the Trage-  
-dian died in consequence of hearing that a Decision  
was given in his favour - And Livy, mentions the  
Instance of an aged Matron, who whilst she was  
in the depth of Distress from the tidings of her  
Son having been slain in Battle, died suddenly in  
his Arms in the Excess of Joy, upon his Safe Return -  
In these Cases had not the stimulus been excessive it  
is probable that neither Mania nor Death would



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have taken place but some morbid action of  
lesser grade. For I suppose that the operation  
of cause in the production of mental Derangement  
to act through the medium of the Circulation  
that being increased by these stimuli, must necessarily  
occasion a greater afflux of this vital stimulus to  
pass to the brain & then by reducing the excitability  
of the system below, & thereby raising the excitement  
of the system above the healthy point, either  
to produce mania, or if, in an excessive degree  
immediate Death - as was the case in the  
above stated Instance, - Abstract Study; unlimited  
exercise of the faculties; tumors compressing the brain &c.  
all act in the same way - Physicians are  
divided in opinion, whether men of Genius or those  
of only mediocrity in talents are most liable to this  
Disease - It has been remarked that Poets and  
all who suffer their Imagination to wander  
without restriction are particularly liable to  
the Disease in question - And indeed, what can  
approach nearer to the "Reveries of Lunacy" than



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the following description of the Poet - "The Poets Eye, in a fine  
frenzy rolling doth glance from Heaven to Earth, from  
Earth to Heaven, & as Imagination lodges in the forms  
of things unknown; the Poets pen turns them to shapes  
& gives to any nothing a local habitation & a name."

How does Dryden seem to have been unaware of the  
analogy existing between wisdom & mania - for in the  
following couplet he observes:

"Great wit and sense to madness near allied  
And thin partitions do their bounds divide"

And the same thing appears in the Scripture, in the  
address of Festus to Paul "much learning doth make  
thee mad" —

I shall in the next place proceed  
to the treatment or mode of cure. The Indications  
for which are two —

1. To gain a perfect Command over the mania
2. To diminish the morbid or preternatural excitement  
of the brain. — The first indication is to be effected  
by gentle & conciliating means. — But more frequently  
by inspiring the Patient with Dread or fear of  
Coercion. Humanity however, should always be kept in view.



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for upon gaining the confidence of the mania, in a great measure depends the after treatment of the Disease -

2. Indication - 1.<sup>st</sup> By Ven. Section. Bleeding in this Disease is no modern Remedy; But Bleeding in sufficient quantity, is - We do not hesitate to draw blood "plena rivo" in Pneumonic affection, to the extent of fifteen or twenty ounces - Why should not the same Remedy, be used to the same extent in Mania? Is the brain of less importance to the healthy state of man than the lungs? If not; why then should this noble Remedy be thus neglected - We should not consider the number of times we have used the Lancet nor the quantity of blood we have drawn; but should be governed altogether by the force of the pulse & other Symptoms of the Patient -

2.<sup>nd</sup> Remove the Patient from his friends to a place of confinement, should the paroxysm come on when the patient is from home, apply the mad shirt; the cap however this is used the better -

3. Solitude has been highly Commended -

4. Darkness ought sometimes to accompany Solitude in the first stage of the Disease; perhaps some advantage may arise from keeping the patient standing 24 hours -



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5. Low diet & that altogether vegetable should be enforced.
6. Drinks should be nothing but water, For all kind of Spirits are highly injurious -
7. Vomits have been recommended; but they are injurious unless ben: section has been previously used -
8. Purgers are highly useful; the Drastic & mild have both been recommended the former has been preferable. Calomel & Jalap ten grains of each two or three times a week has been given with great advantage -
9. Blisters to the Extremities here they tend to equalize excitement & consequently ought to be applied to the wrists or ankle, in the first stage of the Disease; but in an advanced stage when morbid excitement is much reduced, they may be applied to the head & neck -
10. Cold Bath - This is an excellent Remedy for by its sedative Operation it diminishes the excitement of the brain -
11. Cicuta Digitalis &c have been advised but their efficacy is (I believe) very Doubtful -



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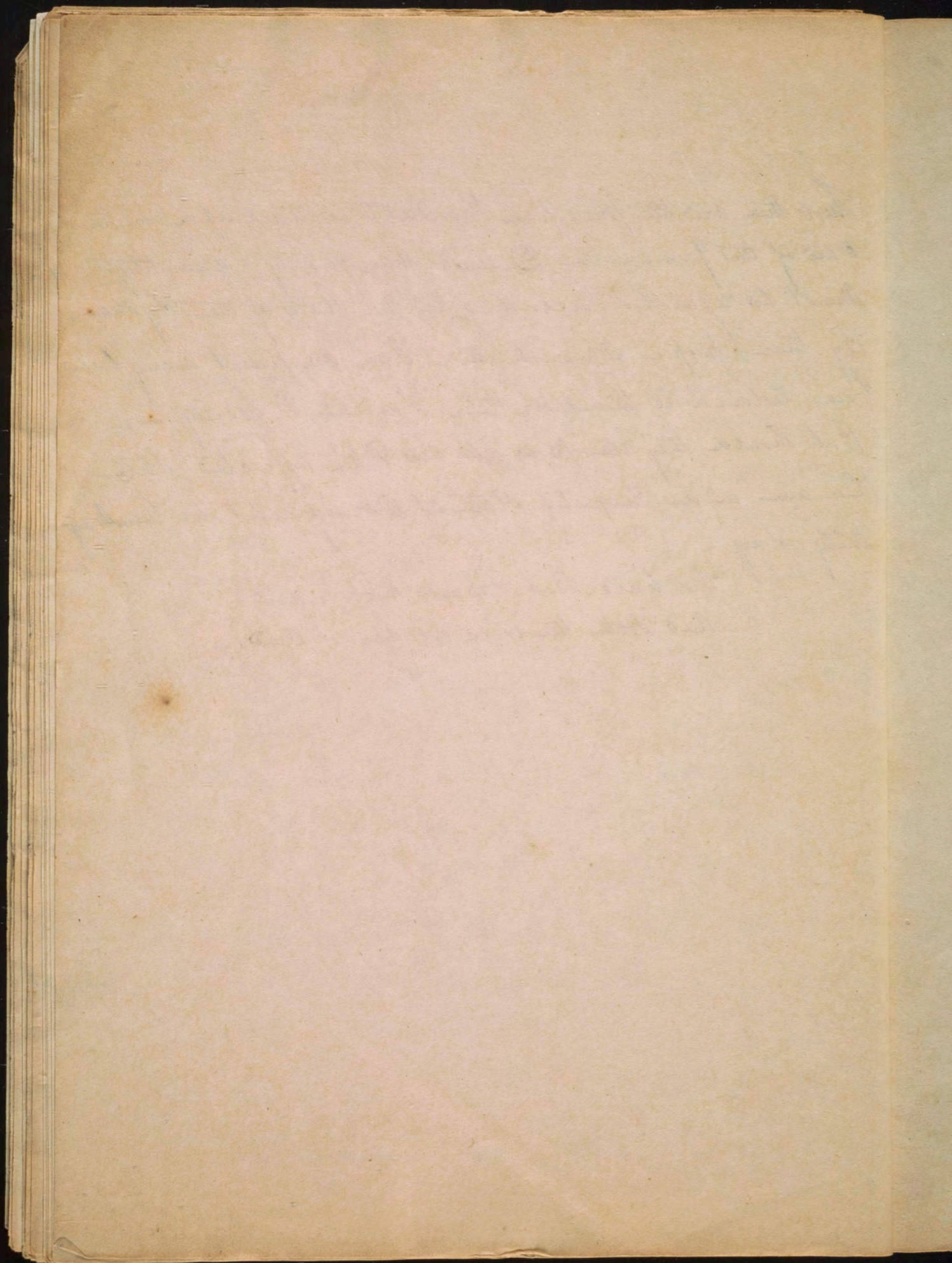
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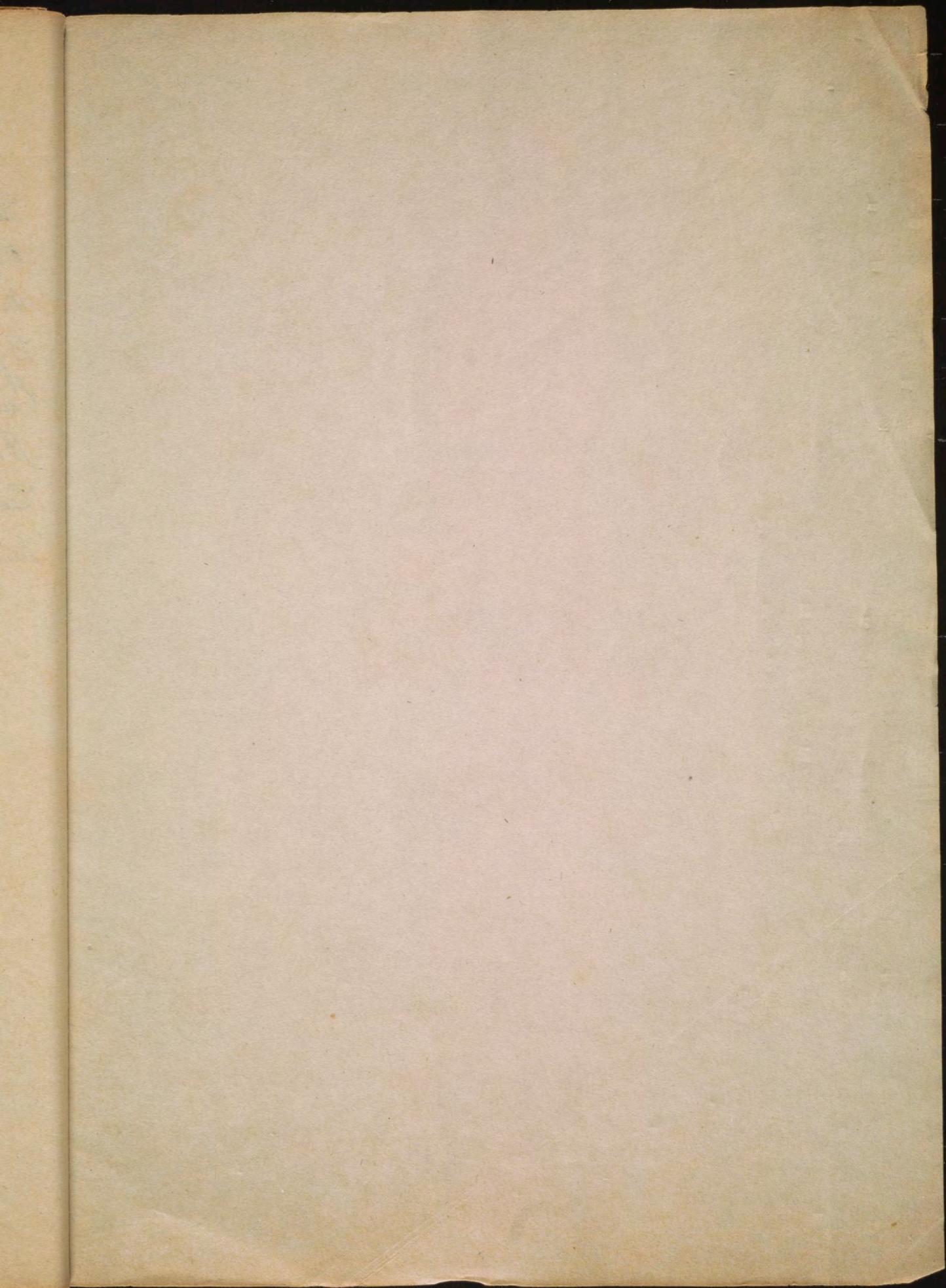
These then are the principal Remedies to be relied upon in the  
cure of this formidable Disease; their quality & quantity  
must be regulated according to the State of the System -  
By their proper administration, I am confident many have  
been restored to themselves, their Families, & Society -  
But should they all prove abortive; & the afflicted still  
remain in a hopeless state of Derangement, we then may  
truly say -

'Tis hard: But Patience must endure,  
And sooth the woes we cannot cure. -











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